

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

January 2010

Burrito Casserole Easy Stir-fry Crock Pot Beef Stew Vegetable Cheese Soup Creamy Salmon Spread

Burrito Casserole

8 small whole wheat tortillas
2 cups fat-free refried beans
½ small red onion, diced
1½ pounds lean ground beef
1½ cups salsa
1½ cups reduced-fat cheddar cheese
1 minced fresh jalapeno pepper (optional)

1. Preheat oven to 350 degrees.
2. Cut 5 of the tortillas into strips, about ½ inches wide, and set aside. Line the bottom of a 9x13-inch casserole dish with the remaining tortillas.
3. Spread an even layer of refried beans over the tortillas.
4. Spray a large skillet with cooking spray and place over medium heat. Add the onion and beef and sauté for about 5 minutes, breaking up the meat with a spoon. Drain and rinse any excess fat. Stir in the salsa.
5. Spread meat mixture over the refried beans and sprinkle with jalapeno pepper.
6. Top with tortilla strips and cheese.
7. Bake about 10 minutes or until cheese has melted.
8. Serve with sour cream, chopped tomatoes, and chopped avocado.

Nutrition Note: This recipe makes 8 servings. Each serving has 390 calories, 13 grams of fat, and 35 grams of carbohydrates.



Shop Smart - Stretch Your Fruit & Veggie Dollar

Check before you buy: Hold the bag or carton up and look at the bottom for smashed or moldy fruit or vegetables. The packaging should protect the product.

(From ISU Extension Spend Smart Eat Smart website)

Easy Stir-fry

1 pound boneless chicken breast or beef round steak
1 tablespoon oil
2 cups raw vegetables cut into bite-size pieces (carrots, celery, onion, green pepper, broccoli, frozen peas or water chestnuts)
½ cup beef or chicken broth
2 cups cooked brown rice
Optional: soy sauce and garlic powder

1. Cut the meat into thin slices or small cubes.
2. Heat the oil in a frying pan. Add meat and cook until almost done.
3. Add the vegetables and broth.
4. Cook until meat is done and vegetables are tender, but crisp.
5. Stir in rice or serve over rice.
6. Add soy sauce or garlic powder as desired.

Nutrition Note: This recipe makes 4 servings. Each serving has 280 calories, 7 grams of fat, and 25 grams of carbohydrates.

Breastfeeding:

Why breastfeed? "Babies are special gifts to light our future. I want to give my baby a bright start. A right start to life... breastfeeding is smart, for baby and mother. Will you help light your baby's future?"

~ Katherine, WIC Breastfeeding Mom from Fargo, ND



Crock Pot Beef Stew

4 whole carrots, peeled and sliced into ¼-inch rounds
4 medium potatoes, peeled and cut into ½-inch chunks
1 pound round steak, cut into 1-inch cubes
1 cup beef broth
1 clove garlic, peeled and sliced
1 tablespoon Worcestershire sauce
1 teaspoon paprika
1 medium onion, cut into large wedges
½ teaspoon pepper
Salt to taste



1. Place all ingredients in a standard crock pot in the exact order listed above. Cover and cook on high heat for 5-6 hours or on low heat for 10-12 hours.
2. Stir occasionally to incorporate seasonings.
3. If thicker stew is desired, add 2 tablespoons flour to ½ cup water, then mix well with a fork until smooth. Add flour mixture to stew and stir. Let simmer for another 10-15 minutes to thicken.

Nutrition Note: This recipe makes 6 servings. Each serving has 240 calories, 6 grams of fat, and 25 grams of carbohydrates.

Vegetable Cheese Soup

2 cups chopped potatoes
½ cup sliced carrots
1 cup sliced celery
¼ cup chopped onion
¼ teaspoon pepper
2 cups boiling water
¼ cup margarine
¼ cup flour
2 cups low-fat or fat-free milk
8 ounces shredded American cheese
2 cups cream-style corn



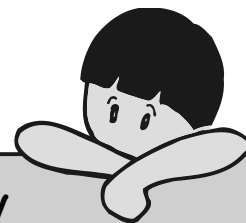
1. Combine potatoes, carrots, celery, onion, pepper and boiling water in a saucepan.
2. Bring to a simmer. Cover and cook for 10 minutes, stirring occasionally.
3. In a separate saucepan, melt the margarine. Add the flour, stirring until smooth.
4. Gradually stir in milk. Reduce heat; cook over low heat until thickened, stirring often.
5. Add cheese and mix well. Cook over low heat until cheese is melted; do not boil.
6. Pour milk mixture into vegetable mixture. Add corn.
7. Cook until heated through, stirring often. Do not boil.

Nutrition Note: This recipe makes 8 servings. Each serving has 240 calories, 8 grams of fat, and 34 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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Turn Off the TV



Marching Band - Make instruments using:
Dry beans in an empty container with a lid to shake (oatmeal box, coffee can, etc). Use wooden spoons to bang on pots. Take rubber bands, stretch them over containers, and pull on them to make sounds. Walk your children around the house as a marching band playing their instruments.

(From the California WIC Program)

Creamy Salmon Spread

8 ounces low-fat cream cheese
1 can (14.75 ounces) salmon, drained well
¼ cup finely chopped onion
1 tablespoon lemon juice
¼ teaspoon liquid smoke (optional – use if you want a smoked salmon flavor)
¼ teaspoon pepper
¼ to ½ cup fat-free sour cream, to bring to desired consistency

1. Place cream cheese in a microwave safe dish.
2. Microwave to soften cream cheese.
3. Combine cream cheese, salmon, onion, lemon juice, liquid smoke and pepper.
4. Add fat-free sour cream to bring to desired consistency. If you plan to serve on crackers, you may want to keep the spread thicker. If you plan to serve on tortillas or bread/buns, a creamier mixture is desired.

Nutrition Note: This recipe makes 10 servings (¼ cup). Each serving has 120 calories, 7 grams of fat, and 3 grams of carbohydrates.

GROW HAPPY FAMILIES

How to Make Family Meals Happy

- Focus on the meal and each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But, don't lecture or force your child to eat.